



# The Journal

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October 5, 2017

## NSA Bethesda Commits to "Be The Change"



U.S. Navy photo illustration by MC2 William Phillips



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# The Cyber Threat is Real

## From Office of the Deputy Chief of Naval Operations for Information Warfare

Throughout National Cybersecurity Awareness Month this October, and in subsequent articles, the Office of the Deputy Chief of Naval Operations for Information Warfare (N2N6) will describe the things you can do, at home and at work, to protect yourself and the Navy from cyber threats.

Few people today need to be convinced that our networks, computers and smart phones are at risk of compromise. We’ve grown accustomed to the news of computer hacks.

The confidential information of 143 million Americans was potentially compromised in the recent Equifax breach. In May 2017, the WannaCry ransomware attack infected 150,000-plus computers in over 150 countries within the first 24 hours.

If you keep up with the news, you know of Russia’s election-focused data thefts and disclosures. More distant high profile attacks, such as the 2015 Office of Personnel Management hack that resulted in the theft of 21.5 million personnel records, are memorable because they affected many of us in the Navy.

From these example hacks, you can safely assume anything connected to the internet is at risk.

In fact, any electronic device for storing and processing data — a computer — is at risk, regardless of whether it’s connected to the internet or whether it looks like the desktop or laptop computers we use at home and at work.

Disconnected systems are also vulnerable as attackers have employed innovative tactics to reach

systems not connected to the internet. For example, thumb drives loaded with damaging software were picked up by unsuspecting technicians and used to spread the Stuxnet virus to centrifuges in an underground Iranian nuclear research facility.

Although the compromise of Iran’s nuclear facility was well publicized, less well known are other news reports that also demonstrate physical systems controlled by computers (control systems) are at risk.

In 2016, hackers who were thought to be from Russia compromised a Ukrainian power company, knocking out power to part of Kiev for over an hour. A 2015 breach of a Ukrainian energy company, which resulted in a power outage to 80,000 customers, may have been related to the 2016 attack. Closer to home, in 2016 “...the Justice Department claimed Iran had attacked U.S. infrastructure online, by infiltrating the computerized controls of a small dam 25 miles north of New York City.”

The control systems that manage the Navy’s critical infrastructure and other services at Navy bases and facilities are commercial products that have known weaknesses. Like the Ukrainian control systems and the systems controlling the New York dam, Navy control systems and networks used by operational forces could also be at risk of compromise.

During June 2017, a commercial ship off the Russian coast discovered its GPS navigation system erroneously located the ship at an airport 32 kilometers inland. At least 20 other ships in the area had similar problems with their Automatic Identification System, which U.S. Navy ships also use. “Experts think

this is the first documented use of GPS misdirection — a spoofing attack that has long been warned of but never seen in the wild.”

Chief of Naval Operations (CNO) Admiral John Richardson sums up the current cyber threat environment, “The threats reach well beyond what you would consider a traditional computer or information technology network into the control systems and indeed almost every aspect of our lives and of our Navy mission.”

These cyber threats can come from nations with highly sophisticated cyber programs, countries with lesser technical capabilities but possibly more disruptive intent, ideologically motivated hackers or extremists and/or insiders within our organizations, with a variety of motivations. Even cyber criminals threaten the Navy because they sell malicious software to state and non-state actors, thereby increasing the number of potential threat actors.

Vigilance and ensuring a robust defense-in-depth framework that incorporates people, processes and technology to assure our networks are safe is key.

The threat will continue to increase as adversaries look for potential vulnerabilities and increase their level of sophistication for cyber-attacks. In Congressional testimony, former Director of National Intelligence James Clapper described the threat saying, “Cyber threats to US national and economic security are increasing in frequency, scale, sophistication and severity of impact. The ranges of cyber threat actors, methods of attack, targeted systems and victims are also expanding.”

# Bethesda Notebook

## Blood Drive

The Armed Services Blood Program hosts the Walter Reed National Military Medical Center Blood Drive Oct. 10 from 9 a.m. to 12 p.m. in Building 9, first floor. Appointments can be made online at [militarydonor.com](http://militarydonor.com), sponsor code WRNMMC.

## Breast Cancer Awareness

In observance of Breast Cancer Awareness Month in October, there will be a Breast Cancer Awareness Day event Oct. 18 from 9:30 a.m. to noon in the America Building (Bldg. 19), Great Lakes Conference Room (2525). The event will include discussions for breast cancer patient awareness and their families concerning survivorship, sexual health, mind/body medicine, nutrition and tips for caregivers. On Oct. 19, there will be a Breast Cancer Summit from 8 a.m. to noon in the same location. Speakers will discuss current research in the fields of pathology, radiology, radiation oncology, physical therapy and surgical oncology.

## Prostate Cancer Support Group Meetings

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Oct. 19 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military identification is required for base access to Naval Support Activity Bethesda, home of WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

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## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones  
Public Affairs Officer: Jeremy Brooks  
Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor MC2 William Phillips  
WRNMMC Editor Bernard Little  
  
Writers MC2 Kevin Cunningham  
Andrew Damstedt  
Kalila Fleming  
Joseph Nieves  
AJ Simmons

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain's Office	301-319-4443
	301-319-4706
Installation SARC	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225



# “Be the Change”: NSAB Kicks Off Domestic Violence Awareness Month

By Andrew Damstedt  
The Journal

Naval Support Activity Bethesda's Family Advocacy Program (FAP) kicked off Domestic Violence Awareness Month with a proclamation signing, urging people to “Be the Change. Prevent Domestic Violence.”

“As I read the words to this proclamation take time to think about: How can you be the change?” asked Yolanda Banfield, FAP victim advocate, before reading the proclamation to those assembled in the atrium of Bldg. 17. Oct. 3.

Banfield read statistics of domestic violence from the National Coalition Against Domestic Violence: 1 in 3 women and 1 in 4 men have been victims of domestic violence by an intimate partner within their lifetime and 19 percent of incidents involve a weapon.

“All community members must be part of the solution to end domestic violence,” Banfield read.

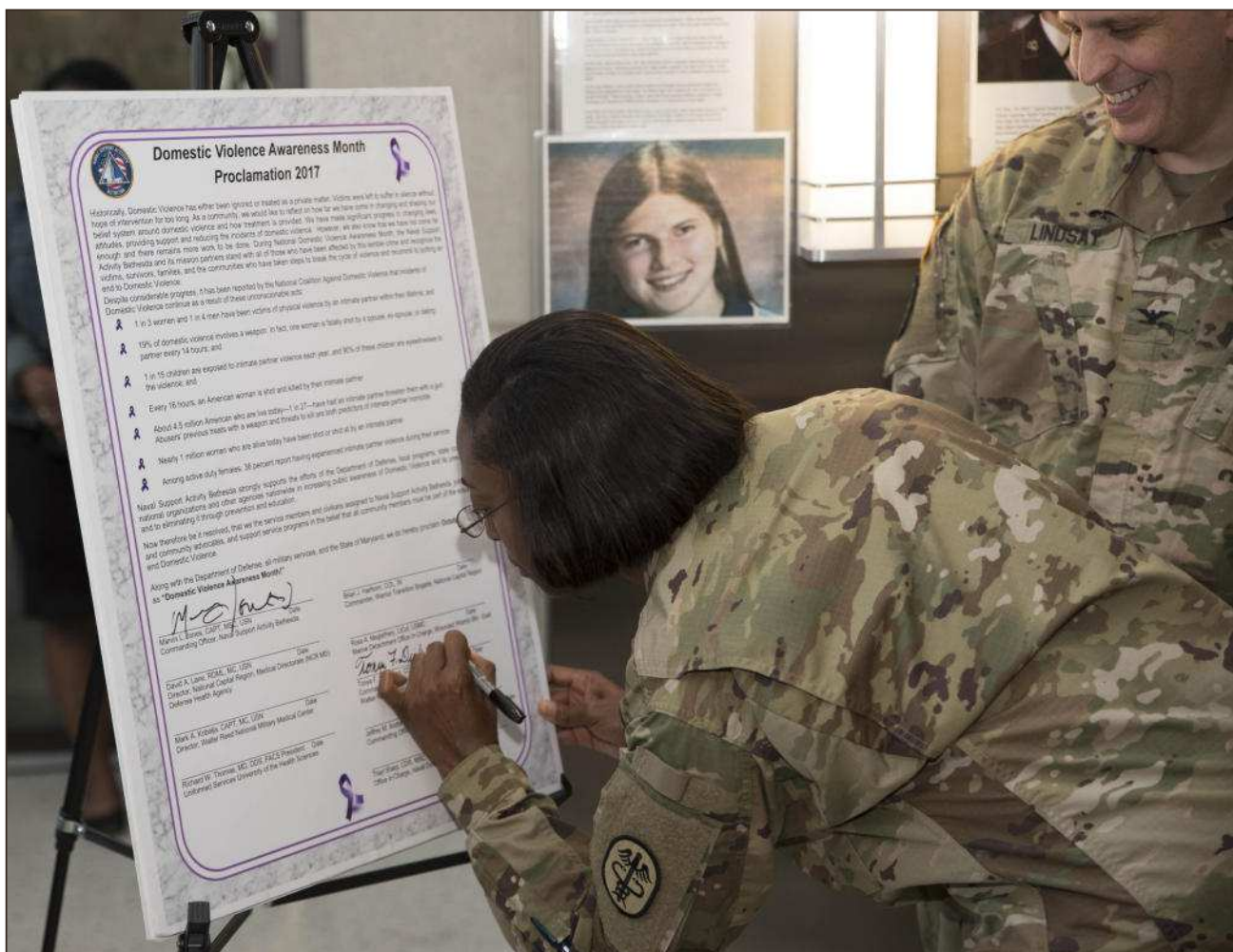
Fleet and Family Support Center Director Oswald Elie Jr. shared a story of an individual who sought help at the center after being in a verbal abusive relationship for 22 years.

“When asked why she hadn't reported sooner or simply just left, she informed our victim advocate that as a child she had witnessed domestic violence in her home and she had become used to the abuse, so she didn't think it was wrong,” he said. “To her domestic violence was part of her normal language.”

Elie said Fleet and Family Support Center had several resources to help domestic violence victims, such as victim advocates, and clinical counselors.

“Becoming the change, preventing domestic violence is a collective effort but we can do it together,” Elie said.

NSAB Commanding Officer Capt. Marvin L. Jones said domestic violence is a tough



**Army Col. Tonya Dickerson, commander of the U.S. Army Element-North, signs a proclamation with other leaders Oct. 3 to show support for Domestic Violence Awareness Month.**

PHOTOS BY MC2 WILLIAM PHILLIPS

conversation, but a necessary one.

“Domestic violence is never okay,” Jones said.

He said domestic violence “exists among our ranks, our personnel and it affects us and the mission of NSAB.” He pointed out individual

stories of domestic violence victims that were posted on the walls in the atrium.

After the signing, people were encouraged to join in dancing as a positive activity and take away information from resource tables covered in purple tablecloths and purple and white balloons.

Lawanda Dezun, FAP victim advocate, said NSAB has four FAP clinical case managers, two victim advocates, and an incoming counseling advocacy supervisor. There are also workshops and groups addressing issues faced by domestic violence victims, including one addressing children's needs, and a men's offender support group.

Throughout the month different events on base are scheduled to keep the focus on Domestic Violence Awareness Month. On Oct. 18, there are basketball games in the gym from 10 a.m. to 1:30 p.m.; Oct. 26, bowling at NSA Bethesda Bowling Center and Oct. 23, David Wexler, executive director of nonprofit Relationship Training Institute, is giving a presentation “Everything You Need to Know About Domestic Violence 2017” in the Memorial Auditorium at Walter Reed National Military Medical Center.

The FFSC is located in Building 11. The main number is 301-319-4087. The National Domestic Violence Hotline number is 1-800-799-SAFE (7233). Victims can connect online at [www.thehotline.org](http://www.thehotline.org).







Navy Lodge Bethesda employees Doris Arriaga, left, and Nicodema Cano, race down the hallway vacuuming up paper shreds during a competition Sept. 27.



Navy Lodge Bethesda employees Santiago Onton, left, and Marco Ccona compete in a cup stacking contest during a Navy Lodge Hospitality event.

# Competition Shows off Navy Lodge Employees Skills

Story and photos by Andrew Damstedt  
The Journal

Normally the Navy Lodge Bethesda hallway isn't covered in paper shreds.

But it wasn't messy for long as two Navy Lodge employees, Nicodema Cano and Doris Arriaga raced down the hallway to see who could vacuum up the mess in the fastest time.

Cano edged out Arriaga with a time of 1 minute 39 seconds. Andrina Tittus won against Juana Velasquez.

They were competing Sept. 27 during Navy Lodge Bethesda's Hospitality Week.

"The object is to laugh and to spend time together," said Ana Herrera-Ruiz, Navy Lodge Bethesda manager.

She said the Hospitality Week is also a way to show appreciation for the employees' hard work, so each day supervisors have been bringing in a meal for the employees to share.

Another competition was folding towels into different shapes such as a basket, a dog, and a rose. Arriaga and her co-worker Vicenta Una received the most votes for the basket they folded.

And the cup stacking competition was won by Santiago Onton, who bested Marco Ccona. Those two each had towers higher than supervisors Angel Martinez and Delfina Fuentes.

Navy Lodge Bethesda employs 35 people and so far this year they've served 36,653 adult guests and 6,391 children guests.

And the numbers keep adding up as more guests checked in while the employees were engaged in a bit of a friendly competition.



Navy Lodge Bethesda employees Nicodema Cano, left, and Leeri Soumie look over instructions during the towel-folding contest Sept. 27 at a Navy Lodge Hospitality event.



# Symposium Focuses on Substance Use Disorder

By Bernard S. Little  
WRNMMC Command Communications

Focused on the theme "Promoting Recovery Through Compassionate Care," the Walter Reed Bethesda Substance Use Disorder Symposium drew health care providers, researchers, lawyers and others to the medical center Sept. 20 to discuss issues involving the misuse and abuse of drugs and alcohol.

Walter Reed National Military Medical Center served as the host site for the symposium, held in collaboration with the Uniformed Services University and the National Institutes of Health.

"This [symposium] is a part of our ongoing educational initiative," stated Dr. Christopher Spevak, director of the National Capital Region's Opioid Safety Program and deputy director of the National Capital Region Pain Initiative and Wounded Warrior Pain Care Initiative at WRNMMC. He added that the program and initiatives offer monthly webinar training sessions concerning pain, substance use disorder (SUD), acupuncture and addiction. In addition, an opioid safety app is currently in development, Spevak said.

Treatment and prevention for substance use disorder requires a multifaceted approach including education, research, intervention and clinical care, explained Navy Lt. Cmdr. (Dr.) Eric Pauli. The assistant professor and director for clinical education in the Psychiatric Mental Health Nurse Practitioner Program-Doctor of Nursing



PHOTO BY BERNARD S. LITTLE

**Dr. Robert L. Dupont (center), president of the Institute for Behavior and Health, Inc., and the first director of the NIH National Institute on Drug Abuse (1973-1978) and the second White House drug chief (1973-1977) and Dr. Christopher Spevak (right), director of the National Capital Region's Opioid Safety Program and deputy director of the National Capital Region Pain Initiative and Wounded Warrior Pain Care Initiative speak with a Sailor during the Walter Reed Bethesda Substance Use Disorder Symposium Sept 20 at the medical center.**

Practice Program at USU, Pauli said the military has a long history of providing premier substance abuse treatment, even treating former U.S. First Lady Betty Ford, who received care at Long Beach Naval Hospital for alcoholism and an addiction to opioid analgesics during the late 1970s. Ford's care at the hospital helped serve as an impetus to

the establishment of the Betty Ford Center for treatment of alcohol and other drug addictions.

Dr. Carlos Blanco, director of the Division of Epidemiology, Services, and Prevention Research at the National Institute on Drug Abuse, a component of NIH, stated how addiction involves the inability to voluntarily reduce drug-taking despite the potential tragic consequences. A guest speaker during the SUD symposium at WRNMMC, Blanco explained people become addicted to drugs and alcohol because those substances affect the pleasure centers in the brain, creating a sense of well-being and happiness. People who become addicted to opioids and other drugs often do so because the drugs make the sense of pleasure stronger than pain, and "pain is the most common reason for seeking care in the U.S.," Blanco said. Prolonged substance use can injure the brain, and healing takes time, he added.

Regarding the U.S. opioid crisis, Blanco, and fellow symposium guest speaker Dr. Robert L. Dupont explained that in 2015 there were more than 52,000 reported drug overdose deaths, and 33,091 Americans died of opioid overdoses. About half of those deaths from opioids, more than 17,500, were attributed to prescribed opioids.

Dupont, president of the Institute for Behavior and Health, Inc., and the first director of the NIH National Institute on Drug Abuse (1973-1978) and the second White House drug chief (1973-1977),

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# Walter Reed Bethesda Observes National Hispanic Heritage Month

By Bernard S. Little  
WRNMMC Command Communications

Walter Reed National Military Medical Center observed National Hispanic Heritage Month during a ceremony Sept. 28 in the America Building piano lobby.

Navy Lt. Cmdr. (Dr.) Jonathan Bolanos, a WRNMMC nephrologist, served as guest speaker during the observance. A native of Puerto Rico, Bolanos said growing up he never thought he would join the military. “I don’t come from a military family, but I would hear stories about [Puerto Rican] veterans who served in World War II and Vietnam. As a matter of fact, there’s a main avenue in Puerto Rico called ‘Avenida 65 de Infantería,’ which means 65th Infantry Avenue. These stories shaped the culture of my community and are an integral part of who I am today.”

The 65th Infantry Regiment, nicknamed “The Borinqueneers” from the original Taíno name of the island (Borinquen), is a Puerto Rican regiment of the U.S. Army. The regiment’s motto is Honor et Fidelitas, Latin for Honor and Fidelity.

Bolanos said people have been shaped by their history and through centuries of social, cultural interpersonal interactions with others. “Native Americans, Indians from different Latin countries, Africans and others have merged to form the society we are today. This interaction between cultures and communities continues today, and it is part of who we are. America is us...you, me, those who were here before us, and those who will be here after we’ve gone. We are who we are because we’ve learned to coexist and learn from one another.

“This Hispanic community in this great nation has been pivotal in contributing to America’s greatness and progress,” Bolanos furthered. “Everyone has had a role, including the maids, farmer workers, doctors, members of Congress and Supreme Court justices. Great Hispanic men and women have helped build not only America into the glorious nation that it is today, but the world has also been influenced by the [Hispanic and Latino] presence, our contributions and our work. We will continue to do [this] as long as we’re here, and we’re not going anywhere,” he concluded.

National Hispanic Heritage Month, Sept. 15 to Oct. 15, recognizes the contributions of Hispanic and Latino Americans to the U.S. heritage and culture. The observance began and Hispanic Heritage Week with legislation sponsored by Rep. Edward R. Roybal and first proclaimed President Lyndon



PHOTO BY BERNARD S. LITTLE

**Navy Lt. Cmdr. (Dr.) Jonathan Bolanos, a nephrologist at Walter Reed Bethesda, serves as guest speaker during the medical center’s observance for National Hispanic Heritage Month Sept. 28 in the America Building.**

Johnson in 1968. It became a month-long commemoration when legislation sponsored by Rep. Esteban E. Torres was implemented by President Ronald Reagan in 1988 and became law on Aug. 17, 1988.

September 15 was chosen as the starting point for the observance because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. All declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence days on Sept. 16, Sept. 18, and Sept. 21, respectively.

In his proclamation for National Hispanic Heritage Month 2017, President Donald Trump stated, “From America’s earliest days, Hispanic Americans have played a prominent and important role in our national heritage, and Hispanic Americans continue to embody the pioneering spirit of America today. Demonstrating a steadfast commitment to faith, family, and hard work, Hispanic Americans lift up our communities and our economy as entrepreneurs, executives, and small business owners, and make contributions in areas such as science, art, music, politics, academia, government and sports. In fact, Hispanic-owned small businesses are the fastest growing businesses in America, starting at a pace 15 times the national average over the last decade. Hispanic Americans own more than three million American businesses and serve with honor in all branches of the Armed Forces, continuing a strong legacy of dedication to our country that has seen the Medal of Honor awarded to 60 Hispanic Americans. Hispanic Americans are a testament to the American promise that anyone can succeed in the United States through hard work.”

The Multicultural Committee at WRNMMC hosted the observance at the medical center.



# Code Green Exercise Tests Emergency Response

U.S. Navy photos by MC2 Kevin Cunningham  
WRNMMC Command Communications

Walter Reed Bethesda conducted a Code Green exercise Sept. 29. The exercise, which included staged casualties and injuries, emergency response activities, as well as sirens and alarms, tested the medical center's readiness for a multi-casualty event.



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DISORDER

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added that 2.5 million Americans age 12 and older have a substance use disorder, most due to prescription opioid followed by heroin. He pointed out that reported deaths from drug overdoses in 2015 exceeded those reported from people who died as a result of car accidents (37,757), guns (35,763) and HIV (6,465) that same year.

Another concern brought on by the opioid crisis is increasing prenatal exposure, Blanco added. He pointed out that in 2004, there were approximately seven admissions for newborn withdrawal syndromes per 1,000 admissions, and by 2013, that number had increased to approximately 33 admissions for newborn withdrawal syndromes per 1,000 admissions.

Since 1999, opioid prescriptions have nearly tripled, and people misusing analgesics, directly and indirectly, obtain them by prescription, Blanco furthered. He added sources where pain relievers

are obtained for misuse include a friend or relative (54 percent), prescription (36 percent), and other sources (about 10 percent).

“Complex biological, developmental and social aspects of substance use and addiction suggest multipronged responses,” Blanco continued. “We not only have to treat the disease, but really treat the person’s social environment and where that person lives. We can also improve the diagnosis, we can improve screening, we can improve engagement, we can increase retention [in recovery and addiction programs], and we can improve the quality of care,” he furthered.

Dupont added that while the opioid crisis is now garnering much attention, 90 percent of substance use disorders are rooted in drug and alcohol use beginning in the “uniquely vulnerable teenage years” with three gateway drugs: alcohol, tobacco and marijuana. He said in approximately 95 percent of the cases involving opioid overdose deaths, other drugs are present in the victim’s system.

“Prevention is about any and all drug use by youth,” Dupont continued. He added the Recovery Movement is “a powerful movement of individuals who have overcome addiction,” and more than 20.8 million Americans are in recovery from substance use disorder.”

Also during the SUD symposium, Neil Riley, an Army veteran and lawyer, discussed Veterans Treatment Courts, a new development in the legal system to address challenges veterans face when they return home. According to the U.S. Department of Veterans Affairs, Veterans Treatment Courts are based on the behavioral health courts begun in the 1990s with the goal of keeping those with behavioral health challenges, such as post-traumatic stress and substance use disorder, out of the traditional justice system. Instead, the courts may recommend them for treatment and tools to cope with their challenges. “This is a team effort,” said Riley. “The judge works with the prosecutor and the defense counselor. They may also bring in the local VA and health-care providers,” he added.

Closing out the symposium, Walker Reed Forman, lead public health advisor for the Substance Abuse and Mental Health Services Administration, explained the Screening, Brief Intervention and Referral to Treatment program offered by the agency. SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse and dependence on alcohol and illicit drugs, Forman said.

“It’s in upstream approach,” Forman said of SBIRT. “We may all take a walk along the stream of substance exposure and most of us never dip a toe into this stream, but some of us do, approximately 27 percent of us. Some people may venture further into the water and never notice that the stream is picking up speed, and they end up going downstream at an increasing pace.” He added SBIRT provides a lifeline for those people to let them know that they need to get out of that stream because the waterfall, which is addiction, is just around the bend.

For more information about SAMHSA, visit the site [www.samhsa.gov](http://www.samhsa.gov) or [www.samhsa.gov/find-help](http://www.samhsa.gov/find-help).

The National Suicide Prevention Lifeline is at 1-800-273-TALK (8255). The Center for Substance Abuse Treatment (CSAT) can be reached at 1-800-662-HELP.

For more information about programs offered by the National Capital Region’s Opioid Safety Program, contact Amy J. Osik, senior program manager, at [amyj.osik.ctr@mail.mil](mailto:amyj.osik.ctr@mail.mil), or call 301-295-4455, Ext. 171.

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# WRNMMC Staff Part of USNS Comfort Crew



PHOTO BY MC2 KEVIN CUNNINGHAM

Walter Reed National Military Medical Center Director Navy Capt. (Dr.) Mark A. Kobelja speaks to Sailors in front of the tower at WRNMMC before the Sailors depart the medical center Sept. 28 for Naval Station Norfolk, Virginia and duty on USNS Comfort (T-AH 20). The Sailors from WRNMMC will be part of the hospital ship's crew providing relief care in the Caribbean. The Comfort departed Norfolk Friday to support humanitarian relief operations helping those affected by Hurricane Maria. The Comfort is expected to arrive off the coast of Puerto Rico this week. More than 800 Navy medical personnel and support staff, and over 70 civil service mariners are aboard the Comfort, which provides a full spectrum of medical care to include general practice, family medicine, nephrology and pediatrics. The civil service mariners operate and navigate the ship, load and off-load mission cargo, assist with repairs to mission equipment and provide essential services to keep the Comfort up and running.

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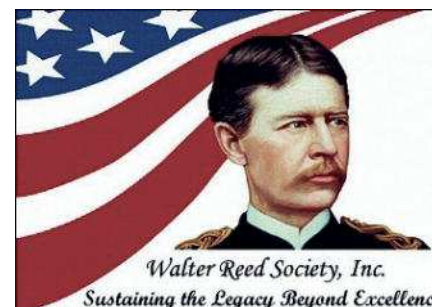
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## Walter Reed Society

**Assisting the Wounded, Ill, or  
 Injured Service Members and their Families**



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

**Membership in the Society is open to all** - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us in Helping Others

For membership application or donation information, please contact Debra Washington at [walterreedsociety@verizon.net](mailto:walterreedsociety@verizon.net) or call (301) 571-1580.

Visit our web site: [www.walterreedsociety.org](http://www.walterreedsociety.org)

Combined Federal Campaign (CFC) number 38118

# FREE

FREE Pumpkin Painting 11am-2pm  
 Saturdays & Sundays through October

FREE Movie Night at 5258 River Road  
 October 28th 7pm “Lego Batman”

FREE Popcorn & Cider every weekend

FREE Haunted Mazes at both store locations “Batman” & “Beetlejuice” themes to enjoy!

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 pumpkins, gourds, carving kits, mums,  
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## Morale Welfare & Recreation (MWR)

- |       |                  |  |
|-------|------------------|--|
| 10/6  | 11 am-2 pm       | <b>Oktoberfest Luncheon: Warrior Café</b><br>Schweinshaxe, Bier hendl Chicken,<br>Soft Pretzel, Sauerkraut, Hot German<br>Potato Salad   |
| 10/12 | 5 pm-7 pm        | <b>Wine and Paint Night with Uncork'd Art</b><br>\$35 Open to All, Liberty* Price \$18<br>Bowling Center, bldg.56 Party Room.<br>"Falling Leaves" will make a great addition to<br>your fall holiday decor!!               |
| 10/13 | 7 pm             | <b>Dive In Movie Night: Fitness Center Pool</b><br>Family friendly movie night with the SMURFS:<br>The Lost Village. Bring your swim gear, floats<br>and towel!<br>FREE- Open to eligible patrons and their<br>guest.      |
| 10/20 | 11 am-2 pm       | <b>Portuguese Luncheon: Warrior Café</b>   |
| 10/21 | 9:30 am -11 am   | <b>Great Pumpkin Race</b><br>Family fun run/walk \$5   |
|       | 11 am-1 pm       | <b>Fall Fest Spooktacular</b><br>Family Friendly Costumes Encouraged.<br>Petting Zoo, Bounce House, Pumpkin Painting,<br>Games, Face Painting, Haystack Candy Hunt,<br>Costume contest, Beer and Bratwurst<br>concessions. |
| 10/24 | 11:30am-12:30 pm | <b>Cell Phone Photo Class</b><br>Free, Open to all   |
| 10/25 | 5-7 pm           | <b>Felt Flower DIY Wreath Class</b><br>\$15, Open to all- Perfect for fall decorating!   |

Registration for these events is available online at  
[www.navymwrbethesda.eventbrite.com](http://www.navymwrbethesda.eventbrite.com).

## Liberty Center Bldg.11

PH 301-319-8431

Virtual Gaming, Snacks,  
Movies, Computers,  
Pool Table

\*Liberty patrons include Single  
Service members E1-E6, WII, NMA  
& Geo-Bachelors E1-E9

10/7 12 pm-9 pm  
Navy vs. Air Force Football \$23

10/11 5:30 pm  
Movie Night Premiere

10/12 5-7 pm  
Paint Night with Uncork'd Art \$18\*

10/14 12 pm-7 pm  
Das Best Oktoberfest \$20

10/17 6 pm  
Bowling Night

10/19 6 pm  
Co-op Board Game Night

10/21 4-9 pm  
Medieval Times Trip \$15\*

10/22 12 pm-3 pm  
Intro to Horseback Riding \$10\*

**REGISTER:**  
[Navymwrbethesda.eventbrite.com](http://Navymwrbethesda.eventbrite.com)

(\*Liberty Only)



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